434 Mothers usually work and draw, throughout their
262 pregnancy and afterwards, their full occupational rations, plus the
745 special allowances indicated. If they do not work, they draw dependents' rations plus their special allowance.

[855] Children up to 14 includes infants from one to seven, who also receive special rations through milk kitchens, nurseries, nursery schools, and kindergartens. These amount to 9.0 litres of milk and 6.0 grams of fats monthly.

434 The employee category includes such occupational groups as office
262 workers, timekeepers, and caretakers. The light workers group includes railway workers, machine builders, etc. The heavy workers group includes moulders, steelworkers, and miners. The latter receive a further additional ration in the form of a hot meal if they do underground work.

(It must be emphasized that the amounts given in the table are official scales, which, even though reduced, cannot regularly be met. Throughout, the figures in brackets refer to scarce items which are authorized, but cannot be supplied.)

TABLE XXIX

Ukrainian Ration Scales from October 1, 1946
(in kilograms per month)

Rationed commodity	Consumer category: Heavy worker	Light worker	Employee	Dependent[1]	Children up to 14
Bread	36.0	18.0	12.0	7.5	9.0
Cereals	nil	nil	nil	nil	(0.8)
Sugar	(0.5)	(0.4)	(0.3)	(0.2)	0.3
Meat or fish	(3.2)	(1.8)	(1.2)	(0.5)	(0.4)
Fats	(0.9)	(0.4)	(0.3)	(0.2)	(0.3)
Butter (or substitute)	nil	nil	nil	nil	.06
Potatoes	(5.0)	"	"	"	nil
Vegetables	(3.0)	"	"	"	(2.0)
Milk, fresh, dried, or evaporated	nil	"	"	"	9.0 scarce
Vitamin juices	"	"	"	"	
Approximate daily calories from rations only	3,527	1,682	1,144	704	973 plus 204 infants

[1366] In February 1947 the rations for dependents was again changed, and they are now authorized to receive only bread, 7.5 kilograms monthly.

Source: UNRRA Mission to the Ukraine, Kiev.

1 [As of 1947 -- Analyst]